



MIIA's Remote Wellness Activities and Services

The MIIA Wellness Department has put together some activities, resources and support services for you to access during this challenging time. We recognize the anxiety and stress many of us are feeling as we navigate these unprecedented circumstances. Please know that we are committed to helping each of you come through this healthy and well.

Listed below are wellness activities that you can participate in remotely. These include short exercise videos, quick meditations, nutrition tips, telephonic coaching opportunities, guided live meditations, and more. Also, included are support services that offer information and advice on a variety of timely topics. Please click on the links for more information.

Warm regards,
The MIIA Wellness Team

Remote Wellness Activities

Live, online yoga, meditation, mindfulness and other classes on **ompractice**. Although MIIA is not offering onsite programs at this time you have the opportunity to take a wide variety of classes at many different times during the day. Open to all employees and immediate family members in our member groups.

- This flexible alternative is a great way for you to take classes. We offer many different types of classes in addition to yoga, mindfulness, and meditation. There are classes on stretching, back care, classes focusing on shoulder and neck pain, nutrition, prenatal yoga and much more.

Weekly, 15-minute, **Mindful Pause** led by Brenda Fingold, certified MBSR teacher. Sponsored by the Mindfulness Center at Brown University School of Public Health. Guided soothing meditation every Tuesday from 11:45am - 12:00pm.

- Please join the meeting by phone or Zoom
- [Zoom Link](#)
- Phone Number: 877 369 0926 US Toll Free Meeting ID: 168 220 446
- If you have questions about using the Zoom platform here are some [instructions for Zoom](#).

Understanding why and how our brains react to anxiety is an important part of controlling it. Jud Brewer, from **Habit Change Made Simple**, recorded a short video on three specific steps to combat anxiety. [Watch it here.](#)

The “**Breathe by Dr. Jud**” app provides short, on-demand, anti-anxiety exercises that can help you deal with stress and uncertainty. Download it for [Apple devices](#) or [Android devices](#)

“**Just Breathe**” by Julie Bayer Salzman & Josh Salzman. This very powerful 3-minute video shows **children** talking about their own neuro-scientific understanding of difficult emotions, and how they cope through breathing and meditation. Share it with your family.

Mindfulness Center at Brown is offering FREE daily, guided, mindfulness sessions LIVE online or by Telephone, click on link for more information. All sessions are open to the public.

Need something other than walking for exercise? Check out these short exercise videos on our MIIA Well Aware website. Look around the site for other wellness tips too!

Are you interested in working on your wellness goals with a certified wellness coach? [Click](#) for more information on our **telephonic coaching opportunities, open only to MIIA/BCBS members**.

Remote Support Services and Information

Coronavirus Resource Center: MIIA/BCBS offers important information about coronavirus. Visit the Coronavirus Resource Center for information on how to stay safe, find answers to frequently asked questions, and see how we’re expediting access to testing and care. If you are a member with a coronavirus benefit question or would like to speak with a nurse 24/7, please call our coronavirus helpline at 1-888-372-1970 or [visit our website](#).

AllOneHealth EAP, Employee Assistance Program, offers free advice and counseling on a variety of topics including financial, legal, family services, behavioral health, and more.

MIIA/BCBS information and hotline: members can call the hotline for answers to a variety of health concerns such as: When should I see a doctor? What is the difference between allergies and sinusitis? What constitutes a high fever? and more.

How to CORRECTLY wash your hands? Seriously, do we need instructions? A registered nurse posted this quick video. We hate to admit it but most of us were not doing it correctly. Are you?

Useful Resources Regarding Coronavirus / COVID-19

- **Center for Disease Control and Prevention (CDC)**
A wealth of up-to-date information about the virus.
- **World Health Organization (WHO)**
Various guides, FAQ’s, advice, and more.
- **Mass.gov**
More information regarding the virus, including Massachusetts-specific counters and tracking.
- **United States Computer Emergency Readiness Team**
Tips on avoiding scams which are prevalent during emergencies.